

# Healthier Eating with DASH

## The DASH Eating Plan

The DASH eating plan shown below is based on *2,000 calories a day*. The number of daily servings in a food group may vary from those listed depending on your caloric needs.

<b>Food Group</b>		
<b>Daily Servings (except as noted)</b>	<b>Serving Sizes</b>	
<i>Grains &amp; grain products</i>	7-8	1 slice bread 1 cup ready-to-eat cereal* ½cup cooked rice, pasta, or cereal
<i>Vegetables</i>	4-5	1 cup raw leafy vegetable ½cup cooked vegetable 6 ounces vegetable juice
<i>Fruits</i>	4-5	1 medium fruit ¼cup dried fruit ½cup fresh, frozen, or canned fruit 6 ounces fruit juice
<i>Lowfat or fat free dairy foods</i>	2-3	8 ounces milk 1 cup yogurt 1 ½ounces cheese
<i>Lean meats, poultry, and fish</i>	2 or less	3 ounces cooked lean meats, skinless poultry, or fish
<i>Nuts, seeds, and dry beans</i>	4-5 per week	1/3 cup or 1 ½ounces nuts 1 tablespoon or ½ounce seeds ½cup cooked dry beans
<i>Fats &amp; oils**</i>	2-3	1 teaspoon soft margarine 1 tablespoon lowfat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil

Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2ounce jelly beans 8 ounces lemonade
--------	------------	--

\* Serving sizes vary between 1/2cup -1 1/4cups. Check the product's nutrition label.

\*\* Fat content changes serving counts for fats and oils: For example, 1 tablespoon of regular salad dressing equals 1 serving; 1 tablespoon of a lowfat dressing equals 1/2serving; 1 tablespoon of a fat free dressing equals 0 servings.

Reference Source: [http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_e\\_dash.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_e_dash.htm)